Academic Support Unit

Student Mentoring
Desmarais Building, room 3134
613-562-5800 extension 2707
mentor@uOttawa.ca
sass.uOttawa.ca/mentoring

Through student mentoring, you pick up strategies and skills that help you to succeed in your studies, to plan a future career based on your program of study and to get ready for graduate studies.
- Support with your transition to university
- Study groups and workshops
- Study skills techniques
- Individual meetings with mentors

Summer Orientation
Desmarais Building, room 3134
613-562-5800 extension 2828
orientation@uOttawa.ca
summer-orientation.uOttawa.ca

Students newly registered at uOttawa: Summer Orientation is a time to get to know how your faculty works, what services uOttawa has to offer, and where the key locations are on campus. Meet students in your program and faculty in a small-group setting, and learn tips and tricks from upper-level students. Get off on the right foot for your university career.
Half-day sessions in July and August include the following:
- Tips on how to succeed in university
- A presentation for parents
- An inside look into your faculty and the academic support available
- An overview on services, meal plans and much more.
- Your uOttawa card (get it here!)

Academic Writing Help Centre (AWHC)

110 University
613-562-5601
awhc@uOttawa.ca
sass.uOttawa.ca/writing

Come to the Academic Writing Help Centre (AWHC) and learn to properly structure your essays and assignments, to understand and correct your mistakes, and to avoid plagiarism.
- Individual sessions with writing advisors
- A Resource Centre equipped with reference works and computers that have writing-help software.
- Online guides and references: writing process, reference styles, essay structure, grammar, etc.

Access Service

Desmarais Building, room 3172
613-562-5976
adapt@uOttawa.ca
sass.uOttawa.ca/access

Access Service coordinates support services and academic accommodations for students with disabilities and functional limitations. Register with Access Service and meet with a learning specialist to develop a learning plan that will support your efforts to achieve your academic goals.
- Needs assessment and personalized follow-up
- Adaptations to the physical environment
- Alternate format transcription services
- Training for learning technologies
- Adaptive measures for exams
At Career Services, you’ll find a range of resources and services designed to ease your transition into the labour market.

- Online resources to plan your career in Canada or abroad
- Career counselling
- Workshops and individual consultations with professional counsellors
- Resumé and cover-letter critiques, mock interviews
- Networking activities: career fairs, information sessions and employer receptions

The Aboriginal Resource Centre provides First Nations, Inuit and Métis students with a comfortable, culturally sensitive and welcoming environment.

- Help with the transition into university life
- Information on resources and services at the University of Ottawa
- Information on employment programs
- Social and cultural activities, and meetings with Elders

Our counsellors and coaches guide you when you are facing personal challenges and help you bring your personal and professional objectives into focus to keep you at your best throughout your studies.

- Individual sessions with a professional counsellor
- Individual sessions with a certified coach
- psycho-educational workshops

Counselling and Coaching Service

> 100 Marie Curie, 4th floor
613-562-5200 | couns@uOttawa.ca | sass.uOttawa.ca/personal

Aboriginal Resource Centre

> UCU 215D
613-562-5800 extension 4529 or 4566
arc-cra@uOttawa.ca
sass.uOttawa.ca/aboriginal

Counselling and Coaching Service

> UCU 312
613-562-5806
scs@uOttawa.ca
sass.uOttawa.ca/careers

At Career Services, you’ll find a range of resources and services designed to ease your transition into the labour market.

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- Career counselling
- Workshops and individual consultations with professional counsellors
- Resumé and cover-letter critiques, mock interviews
- Networking activities: career fairs, information sessions and employer receptions
Student Academic Success Service (SASS)

Because...
The quality of your university experience means everything to you
You’re eager to meet students and experts who will be able to guide you
You need to put all the odds of success in your favour

You learn...
To integrate smoothly into the University community
To clarify your objectives and broaden your knowledge
To have confidence in the choices you make when it comes to your studies and your career

For life
The Student Academic Success Service (SASS) gives you the tools and information you need to succeed academically, professionally and personally, from your very first day on campus until you walk across the stage at Convocation.